

Annapolis Senior Center

1027 Bay Ridge Avenue
Annapolis, MD 21403
(Eastport Shopping Center)

Phone: 410-222-1818 Fax: 410-222-1216
Monday—Friday 8:00 a.m. to 4:30 p.m.

ANNE ARUNDEL COUNTY DEPARTMENT OF AGING



From The Director, Ed Casey

December 2003



Wow! December, already??!! We have a great deal going on this month. Read all about it on the inside pages!

Winter Class registration begins on Monday, December 1st. Please note that the cycle fee for AACC Classes has been increased to \$30.00. The \$40.00 per course fee for those age 55 to 59 remains the same.

County Wide Art Exhibit

February 18, 2004 - March 28, 2004

Quiet Waters Park

County senior citizens are invited to submit two pieces of artwork for this exhibit. All work must have been created within the past three years and must be suitably framed or mounted. Oil painting, watercolor, drawing, colored pencil and photography will be accepted. Entries may be submitted to the Center from February 2nd - 6th. A panel of jurors will decide which artwork will be submitted to the Quiet Waters Gallery.

A Reception to meet the artists will be held at Quiet Waters Park on Sunday, February 22, 2004, from 2:00 p.m.—4:00 p.m.

Exhibition rules and additional information will be available at senior centers.

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Web Site: www.aacounty.org/aging

Daily Schedule-December 2003

Monday, December 1

Winter Class

Registration Begins at 8:00 am!

10:30 Musical Memories: The
Big Bands (**note time!**)
12:00 Lunch
1:30 Opera Appreciation
(**Make Up Class**)

Tuesday, December 2

8:30 Aerobics....UM
9:00 Woodcarving
9:15 Weight Training....UM
**10:30 Tree Trimming
& Holiday Decorating**
10:00 Needlecrafts
12:00 Lunch
12:30 Applique
1:00 Adaptive P. E. w/Rita
1:00 Knitting
2:30 History: American
Military Wars

Wednesday, December 3

8:30 Aerobics
9:30-12:00 Blood Pressure
& Glucose Monitoring
10:00 Keep Your Mind Alert
12:00 Lunch
12:30 Crafts
12:45 Open Bridge
1:00 Adaptive P.E. w/Debby
1:00 Intermediate Spanish

Thursday, December 4

8:30 Aerobics....UM
9:15 Weight Training....UM
9:30 Painting & Drawing
**Needlecrafts & Applique will
meet at South County Center
today. (Make Up Class)**
10:15 Bingo
10:45 Pilates & Strength Tr.
.....UM
12:00 Lunch

Annapolis Senior Center

Thursday, December 4cont'd

2:30 Yoga.....UM
3:00 'Touchstones'
No Duplicate Bridge today!

Friday, December 5

Holiday Bazaar 9:00—2:30



See Insert!

All the regular Friday activities are cancelled.

Monday, December 8

8:30 Aerobics
10:00 Ceramics
10:00 Musical Memories: The
Big Bands
12:00 Lunch
12:30 Birthday Celebration
12:30 Ceramics
**1:00 Adaptive P. E. w/Debby
(Make Up Class)**

Tuesday, December 9

8:30 Aerobics....UM
9:00 Woodcarving
9:15 Weight Training....UM
**10:00 SHOPPING : WALMART
Lunch at Shopping Center.
SIGN UP REQUIRED BY 12/2.**

10:00 Needlecrafts
12:00 Lunch
12:30 Applique
1:00 Adaptive P. E. w/Rita
1:00 Knitting
2:30 History: American
Military Wars

Legend

**UM - Eastport United
Methodist Church
SC—Stanton Center**

Wednesday, December 10

8:30 Aerobics
**9:00 Digital Photography
(Make Up Class)**
10:00 Keep Your Mind Alert
(**Last Class of the Cycle**)
12:00 Lunch
12:30 Crafts
12:45 Open Bridge
1:00 Adaptive P.E. w/Debby
1:00 Intermediate Spanish

Thursday, December 11

8:30 Aerobics....UM
9:15 Weight Training....UM
9:30 Painting & Drawing
10:15 Bingo
10:45 Pilates/Strength Tr....UM
12:00 Lunch
1:00 Duplicate Bridge
2:30 Yoga.....UM
3:00 'Touchstones'

Friday, December 12

Holiday Luncheon! 11:00—3:00

See Insert!

8:30 Aerobics
9:00 Effective Color Pencil
Technique
1:00 Art: Watercolor

All other regular Friday activities are cancelled.

Monday, December 15

8:30 Aerobics
10:00 Ceramics
**10:00 SHOPPING : 'Dollar
Express'. Lunch on your own!
SIGN UP BY 12/8.**
12:00 Lunch
12:30 Ceramics



Daily Schedule - December 2003

Tuesday, December 16

8:30 Aerobics....UM
 9:00 Woodcarving
 9:15 Weight Training....UM
 10:00 Basic Computers....SC
 10:00 Needlecrafts
 12:00 Lunch
 12:30 Applique
 1:00 Adaptive P. E. w/Rita
 1:00 Knitting
 2:30 History: American
 Military Wars

Wednesday, December 17

8:30 Aerobics
 9:30-12:00 Blood Pressure
 & Glucose Monitoring
11:00 Tri-Celebration
See Page 8 for details!
 12:45 Open Bridge

Thursday, December 18

9:30 Painting & Drawing
 (Make Up Class)
 10:00 Bingo
12:00 Lunch: Christmas Meal
 1:00 Duplicate Bridge
 3:00 'Touchstones'

 Thought for the Day.....
 Friends are angels who
 lift us up when our wings
 forget how to fly.

CRIBBAGE ANYONE ??

If you are interested in
 starting a Cribbage
 Group please
 let the staff
 know.



Friday, December 19

8:30 Aerobics
 9:30 Effective Colored Pencil
 Technique

10:00 Walking Club
Annapolis Mall.
Lunch at the Mall.
SIGN UP BY 12/11.



12:00 Lunch

Monday, December 22

10:00 MOVIE:
"Little Women"

12:00 Lunch
 1:00 Cards & Games

Tuesday, December 23

10:00 Cake Walk

12:00 Lunch
 1:00 Cards & Games

Wednesday, December 24

10:00 Bingo

12:00 Lunch
 1:00 Cards & Games



Thursday, December 25

**CENTER
 CLOSED**



CHRISTMAS DAY!

Friday, December 26

10:00 Bingo

12:00 Lunch
 1:00 Cards & Games

Monday, December 29

10:00 'Surprise' MOVIE

12:00 Lunch
 1:00 Cards & Games

Tuesday, December 30

**10:00 AFTER CHRISTMAS
 SHOPPING at the Annapolis
 Mall. Lunch at Mall.**
SIGN UP BY 12/23.

12:00 Lunch
 1:00 Cards and Games

Wednesday, December 31

**10:30 New Year
 Celebration!**

Midnight will be at 12 noon!!

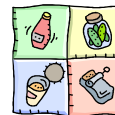
See Page 4 for details!

12:00 Lunch
 1:00 Cards & Games

Happy New Year!

Holiday Food Drive

Non-perishable
 food items and
 canned goods
 are being
 collected for a
 local needy family.
 Please place donations
 in the specified con-
 tainer in the reception



Program Highlights—December 2003

HOLIDAY LUNCHEON at the SHERATON BARCELO - Friday, December 12.....See Insert!



Annapolis Senior Center

ANNAPOLIS SENIOR CENTER		Most Classes Begin the Week of January 5th!		WINTER CLASSES	
Monday		Wednesday		Friday	
Aerobics (M/W/F)	8:30 - 9:30	Aerobics (M/W/F)	8:30 - 9:30	Aerobics (M/W/F)	8:30 - 9:30
Ceramics	10:00 - 12:00	Keep Your Mind Alert *	10:00 - 11:30	Effective Colored Pencil	9:00 - 12:00
Musical Memories: Mainly Blue *	10:00 - 12:00	Crafts * see F.Y.I.	12:30 - 2:30	Keep Your Mind Alert *	10:00 - 11:30
Ceramics	12:30 - 2:00	Open Bridge *	12:45 - 3:30	Art: Watercolor *	1:00 - 3:00
Opera Appreciation	1:30 - 3:00	Adaptive P.E. w/Debby see FYI	1:00 - 2:00	F.Y.I.....	
Tuesday		Thursday		Microsoft Office Overview: January 6, 13, 20 & 27; (SC) Computer II Basic: Feb. 3 - Feb. 27 Tuesday - SC; Friday - Annapolis Ctr. Computer III Intermediate: March 2, 9, 16, 23, & 30; (SC) Adaptive P.E. w/Debby starts January 21 Basket Weaving: Two 4 week workshops in January & February. SC signifies Stanton Center UM signifies United Methodist Church	
Aerobics (T/Th).....UM	8:30 - 9:15	Spanish—Beg./Intermediate	1:00 - 3:00		
Flex & Stretch w/Weights *	8:30 - 9:30				
Woodcarving	9:00 - 11:45	Aerobics (T/Th).....UM	8:30 - 9:15		
Weight Training (T/Th)....UM	9:15 - 10:00	Flex & Stretch w/Weights *	8:30 - 9:30		
Basket Weaving Workshop * see FYI	9:45 - 11:45	Weight Training (T/Th).....UM	9:15 - 10:00		
Microsoft Office Overview * FYI SC & Annapolis Center	10:00 - 11:30	Painting & Drawing	9:30 - 12:00	Please Note..... The Classes/Activities with an * are not college classes. They are free but may require a small supply fee. Sign up may be required.	
Computer II Basic....SC * FYI	10:00 - 11:30	Tai Chi.....UM	10:45 - 11:45		
Computer III Inter.....SC * FYI	10:00 - 11:30	Duplicate Bridge *	1:00 - 3:30	Registration for Anne Arundel Comm. College Winter classes begins on Dec. 1st. Persons 60 & over at the commencement of the class, pay a \$30 registration fee only. For persons 55 to 59 there is an additional \$40 fee, per class.	
Adaptive P.E. w/Rita	1:00 - 2:00	Yoga.....UM	2:30 - 3:30		
Knitting *	1:00 - 3:00	Touchstones *	3:00 - 4:00		
History: American Military Wars Part II	2:30 - 4:00	If you have questions or concerns about the classes, please ask staff or volunteers.		Note: This Schedule is subject to change.	

Ongoing Services

Blood Pressure/Glucose Monitoring – is offered on the **first and third Wednesday** of each month; no appointment is necessary. Donations are accepted. **Senior Center membership is required.**

Information & Assistance - Paul Haughton, Information & Assistance specialist with the Department of Aging, is now available on the **4th Friday** of the month, **by appointment**, to assist seniors in defining needs, and locating and filing for appropriate services and programs. **See Ed or Jo to schedule an appointment.**

SHIP (Senior Health Insurance Program) -Trained volunteers are available to assist you with problems and/or concerns regarding your medical insurance, on the **2nd & 4th Thursday of the month, by appointment.**

Dining Out/Shopping Trips – We offer both trips once a month to an area shopping center and restaurant. See the daily schedule for details. Commitment fee applies. We are always open to suggestions.

Walking Club - Get exercise while having fun! Two Fridays a month our Walking Club walks at a local mall or park. For more information please call the Center.

Mini Massage - Mary Ann Roesler, Certified Massage Therapist, gives mini massages at the Center every other month, **by appointment**. The next 'Mini Massage' is scheduled for January. Please check the daily schedule and program highlights in the newsletter for the specific date and time.

Cards and Games are played daily at the Center. Come and join us!

DECEMBER Birthdays: HAPPY BIRTHDAY TO THOSE LISTED BELOW :

This month the Birthdays will be celebrated on Monday, December 8th at 12:30 p. m.

Charles Arcoria, Shirley Atwell, Judith Branham, Rosa Buck, Roberta Clayton, Julia Corder, Lorraine Crouch, Thomas Curley, Virginia Cushing, Frances Duvall, Juanita Easter, Doris Ehrenberg, Barry Fleider, Mildred Hansen, William Hendrix, Frances Hester, Doris Higbie, Joyce Holcombe, Patricia Hulbert, Gene Ingwersen, Jane Ingwersen, Alice James, George Janis, Dorothy J. Jones, Ruth Kellner, Jung Soon Kim, Shi Kong, Alice Landis, Richard Landis, Rita Markowski, Carol Marks, Francis McArdle, Muriel McPherson, Melvin Michaels, Dolores Mish, Marlene Norfolk, Sarah Postlewaite, Rebecca Redd, Fay Sames, Carol Seaquist, Winslow Shaw, Sandra Solomon, Carl Strawberry, Shirley Strobel, Diane Szego, Edith Taylor, Margaret Terry, James Tibbs, Sr., Marion Wenn, Bettie Wood, Joan Woodruff, Marion Zephir and Anthony Zuccaro.



Please Note: Our Birthday Celebrations will be switching to the second Monday of the month, beginning in January.



SEASON'S GREETINGS

from

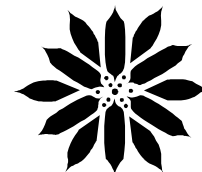
Ed

Helen

Robyn

Sarah

Jo



Annapolis Senior Center

Coming in January

TRIP KICK-OFF for 2004.....THURSDAY, JANUARY 8TH, 1:00 PM.

See Back Page for further information.

PARTISAN...A One Man Presentation by Herbert Hane

TUESDAY, JANUARY 20TH, 1:00 PM.

Mr. Herbert Hane, a local amateur actor, portrays a Polish Jewish partisan who fought the Nazis for 2 years in the Polish forests during World War II. His portrayal is based on the book, *Fighting Back: A Memoir of Jewish Resistance in World War II* by Harold Werner. Mr. Werner was a member of a large Jewish partisan unit that conducted military missions against the German Army while rescuing Jews from ghetto imprisonment and a slave labor camp. Their objective was to stay alive, save as many fellow Jews as possible, and take revenge against the Nazis.

Mark your calendars! Don't miss the opportunity to see this show.

Please sign up if you plan on attending.

DIRECT RECORDING ELECTRONIC VOTING SYSTEM

TUESDAY, JANUARY 13TH, 12:00 PM - 2:00 PM

The Board of Elections will demonstrate the new voting machine. Check for details in the January newsletter and on the Bulletin Board. **Sign up is requested.**

NEW!!....BASKET WEAVING WORKSHOPS with ALICE MILLER

We will hold two, four-week, basket weaving workshops. The first will begin in January and the second will follow in February. Look out for details!



INCLEMENT WEATHER POLICY

Listen to your radio or television. The Center will be closed if all Anne Arundel County Government Offices are closed.

If Anne Arundel County Schools are closed, all the activities at the Center are cancelled, including lunch and transportation. If schools open late, the Center will also open late. All classes prior to 10:00 a.m. will be cancelled. Classes that begin at 10:00 a.m. or later will be held as scheduled. In the event of early school closure all classes starting at 1:00 p.m. or later will be cancelled.

CHRISTMAS KWANZAA HANUKKAH

Wednesday, December 17th 11:00—1:00

Join us as we celebrate and learn more about these special occasions. There'll be food, music & lots of fun!



Christmas commemorates the Birth of Jesus.

Christmas trees are decorated with lights and ornaments and gifts are placed at the foot of the tree.



The most important Hanukkah ritual is the lighting of the Menorah candles.



The letters on the four-sided Dreidel stand for 'a great miracle happened there'.

Family



is the focus of Kwanzaa.




The Kinara and Mishumaa saba (candle holder & seven candles) reflect the seven principles of Kwanzaa. Ears of corn signify the fruit of the harvest.

The cost for this event is \$5
Look out for more information on these three important celebrations on December 17th!

Annapolis Senior Center

DECEMBER 2003 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Mixed Fruit Compote Beef Burgundy Mashed Potatoes Spinach Vienna Bread	2 Orange Juice Chicken Southwest Calico Corn Peas Whole Wheat Roll	3 Chicken Rice Soup Seafood Salad Macaroni Salad Peas Kaiser Roll	4 Tossed Salad Pork Chops/Gravy Stuffing Winter Squash Biscuit	5 Sunshine Salad Sliced Turkey w/Gravy Mashed Potatoes Turnip Greens Italian Bread
8 Marinated Cuke/Tomato Chicken Stew Corn Bread Sliced Peaches	9 Pineapple Juice Roast Beef/Gravy Mashed Potatoes Steamed Cabbage Dinner Roll Tangerine	10 Sunshine Salad Meatloaf Escalloped Potatoes Broccoli Italian Bread Fruit Cocktail	11 Vegetable Soup Veal Creole Fettuccini Health Salad White Roll Lemon Pudding	12 Dixie Slaw Pepper Steak Calico Rice Spiced Beets White Bread Lemon Pudding
15 Cranberry Juice Mac/Ham/Cheese Stewed Tomatoes Dinner Roll Pineapple Tidbits	16 Sliced Pears Meatball Sub Diced Potatoes Green Beans Sub Roll Oatmeal Cookie	17 Apple Juice BBQ Pork Ribbette Buttered Rice Glazed Carrots Vienna Bread Fruited Gelatin	18 Caesar Salad Stuffed Chicken Breast Red Potatoes Peas & Pearl Onions Dinner Roll Éclair Christmas Meal	19 Knockwurst Baked Beans Dixie Slaw Hot Dog Bun Baked Apple
22 Gingered Cucumbers Veal Parmesan Rotini Scand Vegetable Whole Wheat Bread Choco. Chip Cookie	23 Tossed Salad Stuffed Peppers California Blend Vienna Bread Lemon Cake	24 Citrus Fruit Beef Stew Large Biscuit Tapioca Pudding	25 MERRY CHRISTMAS!! 	26 Spiced Apples Baked Ham Sweet Potatoes Harvard Beets Rye Bread Gingerbread Cake
29 Fruit Cocktail Chopped Steak/Gravy Mashed Potatoes Italian Vegetables Dinner Roll Brownie	30 Tossed Salad Baked Fish w/Lemon Parshied Shells Stewed Tomatoes Italian Bread Coconut Cake	31 Citrus Fruit Cup Hawaiian Chicken O'Brien Potatoes Broccoli Whole Wheat Bread Sugar Cookie	<p>Those under 60 must pay the \$3.45 cost of the meal. Those 60+ please contribute as much as you can towards the meal. At the very least, reservations must be made by 10 a.m. the day before you want your meal.</p> <p>Please call 410-222-1003. Hours: 9:45am-1:15pm.</p>	

Ed Casey	Center Director
Jo Morris	Assistant Director
Robyn Prehn	Receptionist
Helen Timeus	Nutrition Site Manager
James Bias	Transportation Van Driver
Robert Howard	Transportation Van Driver
	Custodial Services
E-Mail Address	annapoliscenter@aacounty.org
Center Phone	410-222-1818
Fax	410-222-1216
Nutrition	410-222-1003
Dept. of Aging	410-222-4464
Transportation	410-222-4826
Meals on Wheels	410-431-5257
Officer Joe Hatcher	410-222-0080 (Police Liaison)

TRIPS 2004

Our "Official" 2004 Trip Kick-off will take place on Thursday, January 8th at 1:00 p.m. At this time, reservations for all trips will be accepted and our 2004 Trip Brochure will be available.

To sign up for trips you must bring:

- Your lavender membership card*
- The name & phone number of your emergency contacts*



Here is a sampling of what we have to offer.....



Cruise to Nova Scotia

**White Mountains
of New Hampshire**

**"The Producers" at
the Kennedy Center**



Products and services advertised in this publication are not endorsed or guaranteed by the Annapolis Senior Center, the Anne Arundel County Department of Aging, Friends of Arundel Seniors (FOAS) or FATA, Inc.